



## FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



### Vegetarian Paella\*

#### Recipe Summary:

Preparation Time: 1 hour

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.00

#### Ingredients:

1-1/2 Tbsp olive oil  
1 large onion, chopped  
1/2 tsp paprika  
1-1/2 cups long grain brown rice  
3-3/4 cups low-sodium vegetable broth  
3/4 cups dry white wine  
14 oz can tomatoes, chopped with juice  
1 Tbsp tomato paste  
1/2 tsp tarragon  
1 tsp dried basil

1 tsp oregano  
1 red pepper, roughly chopped  
1 green pepper, roughly chopped  
3 stalks celery, finely chopped  
3 cups mushrooms, washed and sliced  
1/2 cup snow pea pods  
2/3 cup frozen peas  
1/3 cup cashew nut pieces  
salt and pepper to taste

#### Directions:

Heat oil in a large, deep skillet and sauté onions and garlic until soft. Add paprika and rice and continue to cook for 4 -5 minutes or until rice is transparent. Stir occasionally. Add stock, wine, tomatoes, tomato paste, and herbs and simmer for 10 - 15 minutes. Add peppers, celery, mushrooms, and pea pods and continue to cook for another 30 minutes or until rice is cooked. Add peas, cashews, salt and pepper to taste. Heat through and place on a large heated serving dish.

#### Nutrition Facts

Vegetarian Paella  
Serving Size 1/6 of recipe

#### Amount Per Serving

**Calories** 340    Calories from Fat 80

**% Daily Value (DV)\***

**Total Fat** 9g

Saturated Fat 2g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 290mg

**Total Carbohydrate** 54g

Dietary Fiber 6g

Sugars 9g

**Protein** 9g

Vitamin A

Vitamin C

Calcium

Iron

\* Percent Daily Values are based on  
calorie diet.

#### Diabetic Exchange\*\*

Fruit: 0  
Vegetables: 2  
Meat: 0  
Milk: 0  
Fat: 1  
Carbs: 3  
Other: 0

\*\* Diabetic exchanges are  
calculated based on the American  
Diabetes Association Exchange  
System. This site rounds  
exchanges up or down to equal  
whole numbers. Therefore, partial  
exchanges are not included.

\* From the government's Fruits and Veggies More Matters campaign Web site  
(<http://www.fruitsandveggiesmatter.gov/>)